



*Newsletter of the*  
**BURLEY GRIFFIN CANOE CLUB**

Volume 35 Issue 7 April 2025

**Your Committee:**

**President:** Laura Kleinrahm

**Vice President:** Richard Fox

**Secretary:** Patricia Ashton

**Treasurer:** Neil Fargher

**Boat Captain:** Andy Osborne

**Safety Officer:** Tom Long

**Ordinary Members:** Shayanna Beck  
& Colin Calderwood



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*The ACT Government assists this organisation through the  
Sport & Recreation Grants Program*

Position	Person
Membership Secretary	Patricia Ashton
Public Officer	Bob Collins
Editor ('Blazing Paddles')	Helen Tongway
Coaches' rep	Margi Bohm
Webmaster	Geoff Collett
Vice-Boat Captain	Scott MacWilliam
Canoe Polo Convener	Adam Hofmeyer
Time Trials	Helen Tongway & Patricia Ashton
Marathon Convener	Colin Calderwood
Event Co-ordinator	Bob Collins
Sprint Convener	Marcelo Cabezas
Slalom – WW Convener	Colin Calderwood
Social Convener	Wendy Xiao

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## Coming Events:

- 12 April, 2025 Canoe Polo National Championships Gold Coast Qld
- 11-13 April, 2025 Marathon National Championships Ascot CC Perth, WA
- 15-20 April, 2025 Canoe Polo Oceana Championships Gold Coast, Qld
- 25 April, 2025 Slalom National Championships Penrith NSW
- 3-4 May 2025 Course River Rescue Level 2 Cotter & Murrumbidgee Rivers Canberra area  
<https://education.paddle.org.au/courses.php?eventinfo=&eventId=3537&courseType=ACAS>
- 17 May, 2025 PNSW Marathon Series Race 5, BWP, Davistown NSW
- 31 May, 2025 Harbour Series Race 1 Pittwater Sydney NSW
- 14 June, 2025 PNSW Marathon Series Race 6, SSPC, Woronora River, Sydney, NSW

## President's Report

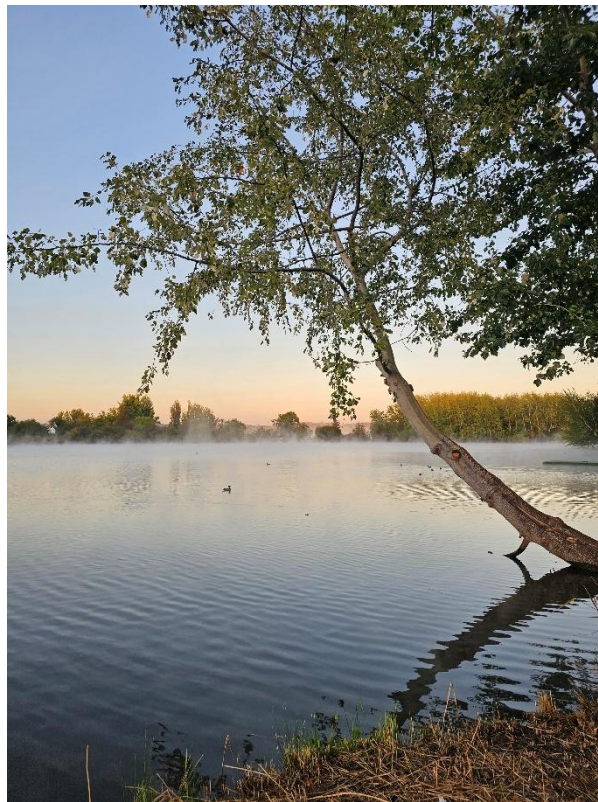
This week I have been relishing our final week of Daylight Savings. Foggy mornings have been met with enthusiasm by everyone, from Margi's Trainsmart Crew to our newer members from the Thursday Recreational Paddle and it's been great to meet some new faces from these sessions. In the evenings, the Canoe Polo crew have been enjoying the last of the light, paddling up a storm in their 35m patch of lake.

It was excellent to attend the Marathon States post-event dinner for volunteers, one I described as a romantic sunset-lit dinner filled with delicious fares. It was also lovely to present some medals to some race-winners, including a couple of very eager beaver junior girls; really great to see.

Many members are off to represent NSW/ACT at National Championships next week, with the Marathon Nationals in Perth and Canoe Polo Nationals on the Gold Coast. There will also be some international stakes, with Marathon paddlers vying for selection in Australian Teams and nine BGCC players pulling on the green and gold for the Canoe Polo Oceania Championships just after Nationals. Good luck to all our paddlers, whether they're in long, speedy boats or foam bumpered spinny ones.

As it's getting colder, make sure you're staying safe with lights and PFDs as required. For those coming off long and busy seasons, enjoy a bit of respite post the big comps and for the rest of you, pop on a thermal and get paddling!

Love always,  
Loz the Prez.



- Laura Kleinrahm



## Canoe Polo Report

It's been a big month for canoe polo!

We hosted the final event of the 2024/25 Summer Series here in Canberra last weekend and it was a beauty, with great weather. There were 20 teams; 9 with BGCC paddlers; 120 players; 40 from BGCC battling it out over two days of high-intensity games. The Butterflies took out Division 1, continuing their winning streak from Adelaide and the Selkies claimed the top spot in Division 2. Shoutout to me, who was equal highest goal scorer in Division 1.



*Left: CBR Summer Series Division 1 Winners: Butterflies - including Carley Goodwin, Jess Harmer and Adam Hofmeyer*

### Final Canberra Comp Results

#### Division 1

Butterflies (3 BGCC)  
Bulldogs  
Dawg Pack  
Kanusport (All BGCC)  
Freshies  
Paddle Club  
Mullets  
Brisberra Barras (4 BGCC)

#### Division 2

Selkies  
Lass Straits  
Thunder  
Burley Babes (All BGCC)  
Hatchlings (1 BGCC)  
Unsinkabros (4 BGCC)  
SA Pirates  
Cephalopods  
Puggles (1 BGCC)  
USYD CC  
Dirty Water Dogs (All BGCC)  
Capital Chicks (All BGCC)



*Left: Unsinkabros: Michael Spitzkowsky, Clayton Young, Tom Saleh, Liam Minagall*





Above: *Burley Babes:*

*Laura Kleinrahm, Cathy Gao, Carley Goodwin, Jen Stevens, Jess Harmer, Toni Harmer, Wendy Xiao*

Below: *Capital Chicks:*

*Tammy Ven-Dange, Shay Beck, Louise Gates, Alex McClaren, Jen Savenake, Jenny Reynolds*







*[Above: Spectators at the Summer Series](#)*



*[At Right: Summer Series Event Dinner - Turkish!](#)*



Meanwhile, a crew also made the trip to Nowra for the annual Mudcake Challenge last weekend. It is a bit more of a laid-back comp, but no less competitive. Congrats to Louise Gates, who brought home the win.

Looking ahead, we've got 22 players heading to the Gold Coast next week for the 2025 Canoe Polo Nationals. The ACT is fielding five teams this year, including an U18s squad. A great sign for the future. Nine players will back up the following week at the Oceania Championships, also on the Gold Coast.

Once the dust (and sand) settles, we'll return to the pool for the start of the Winter Series. Anyone interested in coming along is invited.

*-Adam Hofmeyer*

## **Marathon Racing Report**

**The Victorian State Championships** were held on the Barwon River, Geelong and on 22 March were attended by Margi Bohm, Matthew Gates and Marcelo Cabezas. Mathew hung in with his closest opposition in Victoria even though they are Open, not U23 and had a really good race. Marcelo had an interesting race learning that you get better splits without half the river in your boat. Margi had a great race and pulled a season-best out of the bag.



## BGCC Results:

21 km MOpen 1 <sup>st</sup>	C1	Marcelo Cabezas	1:59:35
25 km MOpen 4 <sup>th</sup>	K1	Matthew Gates	1:59:44
13 km WV65+ 1 <sup>st</sup>	K1	Margi Bohm	1:14:49

Well done to all of them on a wet trip South.

*Right: Annette Scott, Margi Bohm and Adele Walker*



## - Colin Calderwood

### PNSW Marathon Series Race 4 Report:

On Sunday 30<sup>th</sup> March, a small group of seven BGCC paddlers gathered at the Lane Cove River, wondering what the weather gods were going to throw at them. One paddler had headed home early in the morning and three others decided to stay in Canberra because of the rather strong winds which were on the horizon. Not to mention the series of rain-clouds in the mix.

After the boat-carrying valet service from the Lane Cove men, Yvette and I were on the water in relatively benign conditions. However, that didn't last – with each bend of the river serving up a different wind direction and strength, along with passing scuds of rain.

This year's race was on a "shortened" course, of 7.5 km loops, instead of the usual 10 km loops – which meant we didn't get to see the Harbour Bridge on the top turn. Very disappointing for Yvette, but we probably couldn't have seen it anyway because of the low clouds!

Thank you to Jason and Andrew for carrying our rather heavy double to and from the grassed area and the car.

Very much appreciated 😊

Most paddlers made it around their courses and were happy to have finished. *Right: Andrew Webber & Jason Rantall*



*Lane  
Cove  
River;  
Larissa  
Cleverly;  
Andrew  
Webber;  
Jason  
Rantall*







*Above: Laura Lee;*



*Above Right: Craig Elliott*



*Right: Yvette Maconachie and Helen Tongway*

**Lane Cove BGCC Results:** <https://www.webscorer.com/race?raceid=384904>

<b><u>Div 1:</u></b>	5 <sup>th</sup>	Craig Elliott	1:33:11	96
<b><u>Div 2:</u></b>	4 <sup>th</sup>	Jason Rantall	1:39:50	97
<b><u>Div 3:</u></b>	5 <sup>th</sup>	Larissa Cleverly	1:45:19	96
	6 <sup>th</sup>	Laura Lee	1:45:42	95
	9 <sup>th</sup>	Andrew Webber	1:47:59	
<b><u>Div 7:</u></b>	6 <sup>th</sup>	Helen Tongway/Yvette Maconachie	2:20:03	95

*- Helen Tongway*

## **Paddling in Winter**

**Summer has ended.....**

With the cooler weather coming quickly, newer paddlers and those new to Canberra will be looking for some warmer gear to paddle in. It makes a BIG difference - if you're dressed in the right gear it's much more comfortable and easier to cope with the winter temperatures. Get yourself some decent thermals! These don't have to be high tech expensive – although they definitely can be.

**Adrenalin 2P:** is a fleecy thermal; they make long and short pants, long and short sleeve tops and zippered tops. I've been using these for many years now and they are excellent, only \$39 - \$59 and last for years. *Boss Outdoors* in Fyshwick has limited stock, otherwise, online.

**Sharkskin:** a waterproof and windproof material which is also fleecy though they start about \$150+; limited stock at *Straight Line* Fyshwick.

**Vaikobi:** has some great gear too – through *Australian Paddle Sports*. Some paddlers prefer to wear wind/water-proof pants and jackets over regular gear – dry pants if you can, otherwise even just a lightweight nylon will do the job.

For your feet, **SealSkinz** do a knee length waterproof sock which is wonderful – especially if you haven't mastered the art of getting in and out on the pontoon. The socks need to be worn in a bootie of course (I also find wearing a short cotton sock underneath adds warmth but also lessens smells....)

You can go for gloves, there are various neoprene gloves on the market – **Sea to Summit** do a specific paddling glove or a thin neoprene surf glove. Some people also wear ski gloves. OR, give pogies a go (my preference). These are a mitt which velcros around your paddle shaft giving your hand a warm, wind proof covering and lets you keep your paddle in your hand. These tend to be warmer than gloves. There are a few different ones around – either a nylon, neoprene or like Sharkskin. *Australian Paddle Sports* sell a couple of different ones. They will be an online purchase.

Don't forget that you lose a lot of body heat through your head – wear a cap or a beanie.

Also, you do need to dress for the water temperature, not just the air temperature. If there is any possibility of falling in, wearing your lifejacket will save you if cold shock comes into play. It also cuts the wind. Wearing good thermals and/or a windproof jacket will make the paddle home less dangerous. Hypothermia is a real issue in Canberra in winter.

It really depends on the paddler and circumstances, some people run warmer than others; if you are training hard or just going for a recreational paddle; if there is more chance of falling in; what time of day are you going to paddle?

From June PFD's are compulsory for all club paddlers taking part in club events and are highly recommended for all paddlers.

So don't let the cooler temperatures turn you off paddling.

2P Thermo Shield Thermals - Land & Sea Sports:

<https://adreno.com.au/collections/adrenalin>

Sharkskin

[https://sharkskin.com.au/?srsltid=AfmBOoq\\_80YtyYONYbGryFPA2blo2dd2TVWv08azLkDhknNLDucmx3Zd](https://sharkskin.com.au/?srsltid=AfmBOoq_80YtyYONYbGryFPA2blo2dd2TVWv08azLkDhknNLDucmx3Zd)

Sealskinz Socks – might have to check out various outlets on-line to find size.

Pogies: <https://australianpaddlesports.com.au/product/pogies-by-tripper-copy/>

- <https://australianpaddlesports.com.au/product/pogies-by-jantex-pair/>

Vaikobi: <https://australianpaddlesports.com.au/product-category/vaikobi/>

(We buy much of our paddling gear from *Australian Paddle Sports* – funky pants, Jantax Paddles, Vaikobi pfd's, drink systems, flags etc. They often have a shop set up at races, however there are a few other options, especially for items like thermals, reef shoes etc.)

Pfd's – many of us wear the Vaikobi pfd's, however there are other brands – they should be kayak friendly, not for water-skiing or sailing.

Ultra do a good range which is less expensive: <https://hws.com.au/brand/ultra-pfds/?srsltid=AfmBOorHzeb60LuAOjTtVa1nBzsN6p8YwbQajlIVBTjUfXgHQkw16IK3>

- **Patricia Ashton**



## About ENHANCE Healthcare:



Enhance Healthcare was established by **Peter Garbutt** and **Celina Miller** in 2001, initially providing Massage and Chiropractic Services to the Gungahlin and Canberra community.

Over the past 15 years, our service offering has increased to include;

- - **Acupuncture;**
- - **Soft Tissue Therapy;**
- - **Chinese Herbal Medicine;**
- - **Chiropractic and Massage Therapy;**
- - **Physiotherapy**

Email: [healthcare@enhance.com.au](mailto:healthcare@enhance.com.au)

Book online: <https://enhance.janeapp.com.au/login>

Mitchell: (02) 6241 6060

Denman: (02) 6287 1377

Our business is built with the customer at the forefront of everything we do. We have established a highly skilled and professional team, across multiple disciplines with the specific view of delivering the best possible client outcomes.

At Enhance Healthcare we listen to our clients, diagnose the problem properly and utilise the combined skills of the ENHANCE team to resolve whatever the problem may be. We then follow up to ensure our clients are happy with outcomes

***Pete Garbutt is also a long-time member of the Burley Griffin Canoe Club***

### Denman Prospect Clinic Address

Shop 25, 3 Felstead Vista,  
Denman Prospect ACT 2611

### Mitchell Clinic Address:

Unit 10, Level 1 141 Flemington Rd  
Mitchell, Canberra ACT, 2912

### Opening Hours:

<b>Monday</b>	5 a.m. – 8pm	<b>Tuesday</b>	7 a.m. – 7 p.m.	<b>Wednesday</b>	7 a.m. – 8 p.m.
<b>Thursday</b>	7 a.m. – 7 p.m.	<b>Friday</b>	7 a.m. – 6 p.m.	<b>Saturday</b>	10 a.m. – 4 p.m.
<b>Sunday</b>	10 a.m. – 4 p.m. (Mitchell only)				



# AUTUMN IS HERE

## HERE'S 3 TRAUMA TIPS FOR COOLER WEATHER



### 1 Cold Patients Die!

Even a slight drop in core body temperature can disrupt the body's ability to clot blood. For major trauma patients, this is a serious risk: if they get cold, they can't clot, they keep bleeding, and they may not survive.

### 2 Start Hypothermia Prevention Early!

It's far easier to prevent hypothermia than to treat it after it sets in. Be proactive: remove any wet or bloody clothing from your patient, wrap them in a thermal blanket and, if possible, use an active warming pad to maintain their core temperature.



### 3 Don't Be Fooled!

You might be hot and sweaty while treating a casualty, but that doesn't mean your patient is. Major trauma patients often struggle to regulate their body temperature, especially in cooler autumn conditions. Always take steps to prevent hypothermia, no matter the season.



*Something I didn't know – or don't remember being told - in my first aid courses.*

*-Helen Tongway*

## Paddling Long Distances

### ... MARATHONS & ULTRA-MARATHONS.

A BGCC evening to look at what it takes to be a confident Participant!

My passion is paddling the Hawkesbury Canoe Classic (HCC) each year in late October. Still seared into my visual memory is the sight of Brooklyn Bridge coming into sight as I passed through Milsons Passage at about 4 a.m. back in 2007. The sight of the lit-up bridge and the sound of traffic on the Pacific Highway had me close to tears of elation. If you want to experience the feeling of absolute elation and huge personal pride, this is an event to seriously consider. More on the HCC soon.



**I am proposing that BGCC hold an information sharing afternoon, 3 p.m. at the Club Shed on Saturday 10<sup>th</sup> May, to support any paddler with ideas or questions about how to prepare for marathon and ultra marathon events that are on offer on this side of Australia. Some food, drinks, chatter and short presentations to build club capacity in these events. I will place in the Club Shed a register of interest along with details. If you have something to offer in the form of a brief punchy presentation on things such as training programs, off-water training, race strategy, nutrition or lessons from your own personal experience please text me on 0478 300 176 and I will follow up with you.**

So, what is on offer on this side of Australia for marathon and ultra marathon paddling events?

- There is the PaddleNSW Marathon Series and the PaddleNSW Harbour Racing Series. See PaddleNSW website for dates and details.
- In the ultra-marathon space, there is The Riverland Paddling Marathon (or Mini-Murray) in South Australia - June 7 to 9, 2025. 100 km or 200 km options over three days. Relay teams are also an option.
- The Wyong Ultra-Marathon on the Central Coast in August (TBC). A 30 km event.
- The Myall Classic from Tea Gardens and return on 20 September. Distances are 47 km, 27 km or 12 km. This event is used by many as a lead-in to the HCC a month or so later.



- Clarence 100 from Grafton to Yamba in early to mid October (TBC). 100 km over three days and another preparatory event for the HCC.
- The Hawkesbury Canoe Classic. This year the HCC is being held on the evening of November 8 and finishing on the 9th (for full distance paddlers). Three distances on offer – 30 km to Sackville, 65 km to Wisemans Ferry or 111 km to Mooney Mooney/ Brooklyn Bridge. Relay teams for the two longer distances are an option. This year is the first time the 30 km paddle is an offer. It is also the first year for the 65 km Wisemans time-records to be kept. The 2025 event has been scheduled to coincide with the most favourable tides and moon phase - so full moon and paddling the majority of the river with the tide for the 111 km distance.
- BGCC 16/24 Hour Event: 6<sup>th</sup> – 7<sup>th</sup> December. This event has much more flexibility. You paddle as far as you wish and are able, within a 16 or 24 hour time limit.

None of these events, marathon or ultra-marathon, have to be about competing for a position on the dais. Of course, they can be if that is your intention. Participating in these events and encouraging each other is important! To participate WITH CONFIDENCE in these events requires a plan. Having the advice, support and encouragement of club members is a huge bonus. In 2011 and 2012 BGCC had in the vicinity of 25 members complete the HCC! In 2011 I was the only BGCC participant NOT to complete it ... Success can sometimes lie on the far side of failure! I have completed it five times since. **My aim this year is to have a minimum 20 BGCC paddlers enter one of the three distances.** If there is sufficient interest, we can arrange a paddle on the Hawkesbury River and we can have scheduled evening paddles on LBG.

**Please watch emails and Club Shed notices for more information about the BBCC information sharing afternoon.**

*-Richard Fox*

## BGCC Whitewater

Our Whitewater Convenor, Mic, has raised a Group on Facebook called “Canberra Whitewater”, which you are all welcome to join. It is intended to be for any BGCC Whitewater



paddlers and the broader white-water paddling community, as a means of growing white-water within the club and community.

If you are an experienced WW paddler or if you'd like to take it up, contact Mic at:

[Mic.Doyle@outlook.com](mailto:Mic.Doyle@outlook.com)

Ph: 0414 905 923

or via Facebook.



## Balloon Spectacular 2025

(Early Morning Paddle)

It was with great enthusiasm that 20 BGCC paddlers met at the shed on a Saturday morning at 5:45 a.m., in the dark. Organising boats for all; getting everyone set up with lights; there was a sense of anticipation. The horizon was just starting to lighten up, but it was still dark enough to see our lights floating on the river around us.



Just as we were ready to go, Catherine, who was sharing the Mirage double with me, whispered to me that the balloons had been cancelled! What to do? I decided that as we were already getting on the water I'd keep that news quiet for now and we'd enjoy an early morning paddle. And it was very pleasant. No wind; the sun just starting to come up... There was a friendly comradery and once on East Basin we could just see other lake users emerging. As we stopped at Kings Ave Bridge for everyone to catch up, I broke the news. Oh well! We decided to paddle as a group to Commonwealth Avenue Bridge, then decide.



It was quite a spectacle regardless – there were 100's of people out on pretty much anything that floated, all eagerly awaiting the balloons. On the shore there were more people, food tents and just behind them several tethered balloons, so all in all a very festive atmosphere.



The lake was beautifully calm so many of our paddlers decided to go for a paddle around the islands, while 5 boats turned around and returned to the shed.

Those that went further were rewarded with 5 'rogue' balloons lifting off from Yarralumla Bay. Everyone thoroughly enjoyed the paddle, great conditions, good company and the feeling of being part of a larger community....



*-Patricia Ashton*



## Marathon Volunteers' Thank-you dinner

After the marathon effort from our *States with Mates* PNSW/ACT Marathon Championships, a few of the volunteers got together for a “thank-you” dinner at the river – and to talk about what went right and what could be improved on for next year – when BGCC is to host the Australian Marathon Championships.



It was also a chance to present medals to some of those who had not attended the Saturday evening dinner at the Canberra Brewing Co.



Above: Laura Kleinrahm, Molly Halpin, Margi Bohm

**-Helen Tongway**

Above: Helen Tongway, Laura Kleinrahm



## Market Place: Boats for Sale

**For Sale: Epic V10 gen III and boat and cover + paddle + stands. Reduced: \$2,000.**



All in excellent - almost new - condition. Great balance between stability and speed  
If you are interested, contact Wayne on 0407 269 415 or [waynejone@gmail.com](mailto:waynejone@gmail.com)

**Free to a new home:** a Zane Douglas (Competition Kayaks, Cobram) K1, approximately 30 years old. In very good condition – just dusty! It would suit a lighter-weight paddler.  
Contact Marina at: [marina\\_and\\_surend@hotmail.com](mailto:marina_and_surend@hotmail.com)

**For Sale:** FENN Surfski.  
Primary Stability: 1-2,  
Secondary Stability: 2.5  
Kayak for intermediate to advanced. Possibly up there with the Epic V10.  
Condition: Average to good.  
Price: \$1200.

Phone Steve: 0434 264 016





**For Sale:**

Kermit (Weapon) K1

Primary Stability: 1

Secondary Stability: 1

This Kayak more for the advance paddler very tippy and quick.

Condition: a little worn, but reasonable okay

Price: \$100      Phone Steve: 0434 264 016



**For Sale: Mango Racing Kayak K1**

Primary Stability: 1.5

Secondary Stability: 1.5

Kayak for the intermediate to advance, good speed. Kayak based on the Vanquish model.

Condition: Average to good. Carbon Fibre

Price: \$300

Phone Steve: 0434 264 016

email:

[smesaric2@hotmail.com.au](mailto:smesaric2@hotmail.com.au)





**Free** to (almost any) home: Last year Hugh bought an inflatable kayak (Razor R1 Ultra) and equipment (pump, paddle, lifejacket). He has gone out on the water a few times since then and everything worked fine, however it's not his sort of hobby.

“Would any of your club members like to take it off my hands? I'm happy to give it away for free, provided you can pick it up from my unit in Kingston.”

Email: [huw.cannon@gmail.com](mailto:huw.cannon@gmail.com) or test message: 0447806156.

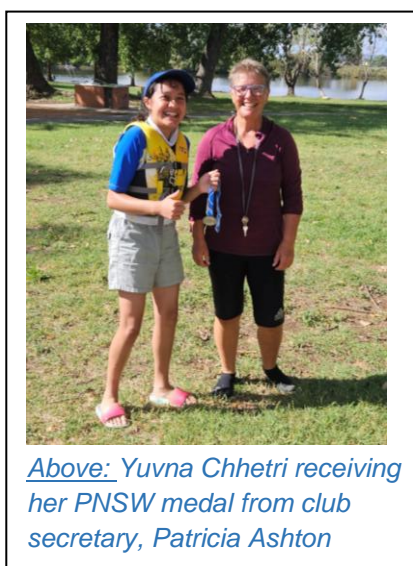
(Is it the wintry weather??)

**Also to be given away:**

Ex-club member, Justin Channels, has an old-style K1 to give to an interested paddler Reasonably stable? K1. Has been used by paddlers 75 - 95kg, weighs 11.5kg



Contact Justin: 0401 742 85



*Above: Yuvna Chhetri receiving her PNSW medal from club secretary, Patricia Ashton*





**Sat Race 1, Wagga Bidgee Bash**

1 Feb [2025 Marathon #1 Wagga Bidgee Bash](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 2, Frank Harrison - Singles - Albury**

15 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 3, Frank Harrison - Doubles - Albury**

16 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 4, Lane Cove**

30 Mar [2025 Marathon #4 - Lane Cove](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 5, Davistown**

17 May [2025 Marathon #5 - Davistown](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 6, Woronora**

14 Jun [2025 Marathon #6 - Woronora](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 7, Swallow Rock**

12 Jul [2025 Marathon #7 - Swallow Rock](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 8, Penrith**

3 Aug [2025 Marathon #8 - Penrith](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 9, Narrabeen**

31 Aug [2025 Marathon #9 - Narrabeen](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 10, Windsor & Finale**

4 Oct [2025 Marathon #10 - Windsor](#) | [Event registration](#) | [Webscorer](#)

Updated: 21/11/24dl



<https://nsw.paddle.org.au/upcoming-events>



[PaddleNSW - Marathon](#)



[marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au)



**Race entry:** <https://www.webscorer.com/register?raceid=368069>

## 2025 Hawkesbury Canoe Classic: 8<sup>th</sup> – 9<sup>th</sup> November. Moonlight!!



**8<sup>th</sup> / 9<sup>th</sup> November 2025**

**Great tides / Great moon**

**No excuses !!**

And new in 2025: you too can create a new record for the 65 km Windsor to Wisemans Dash!

(Records have not been kept for this shorter course in prior years.)

Kent Heazlett

Event Coordinator / Race Control

On behalf of the Hawkesbury Canoe Classic Association Inc.

M : 0418863950

E : [info@canoeclassic.asn.au](mailto:info@canoeclassic.asn.au)

*Which letter keeps pirates calm?*

*"P" otherwise they would be "irate" bunch*

## Whitewater Guide and Instructor Course



Whitewater canoeing and kayaking is an extremely fulfilling, fun and rewarding sport, enjoyed on rivers far and wide by paddlers of all ages. Rivers can be unpredictable and potentially dangerous without appropriate paddling activity supervision and safety support. This makes Whitewater Guides and Instructors essential to assuring the safe leadership of whitewater paddling activities and development of paddle community.

## River Rescue 2 Course

While whitewater paddling activities are generally safe, things can easily go wrong in the dynamic and often unpredictable whitewater environment. Whitewater safety is assured through pre-emptive management of risk and pro-active rescue responses.

The Paddle Australia (PA) River Rescue Level 2 Course presents participants with an amazing opportunity to upskill: developing confidence, and obtaining practical swift water rescue skills and knowledge. Assuring greater white-water paddling safety for all.

Do you have a love for whitewater paddling? Do you want to help build our paddle community and make your whitewater paddling safer? Would you like to be able to rescue yourself or a paddling friend in whitewater? Then this course is for you!

**When:** Saturday 03 and Sunday 04 May 2025

**Venue:** Cotter River (In vicinity of Cotter Bend and Cotter Campground). The course venue will be confirmed in the week prior to this course, subject to appropriate water conditions for the safe completion of the course.

**Course Overview:** The course emphasises both maintenance of personal safety and building of confidence and abilities in effecting river rescues. Developed through sharing of practical skills, knowledge and techniques and hands-on individual and team/group scenario based learning.

Register: <https://education.paddle.org.au/courses.php?register&eventId=3537>

**Closing Date: 25 April 25**

## Draft Minutes of March Committee Meeting

**BGCC Meeting 25<sup>th</sup> March, 2025. 7:30pm – at the Club Shed**

**Attendees:** Neil Fargher, Andy Osborne, Helen Tongway, Richard Fox, Laura Kleinrahm, Adam Hofmeyer, Colin Calderwood

**Apologies:** Shay Beck, Margi Bohm

Neil Fargher, Wendy Xaio, Shay Beck, Richard Fox

**Minutes of Last Meeting:**

Proposal: that the Minutes of the February 2025 meeting be approved		
Proposed:	Seconded:	Accepted?

**President's Report:** Its' been a massive month for BGCC – Marathon States, Canoe Polo Summer Series, our Introduction to White Water course.....

**Financial Report:** see below. Still waiting for final figures from both events. We'll need to have a budget for Nationals next year & Canoe Polo will look at increasing fees for future competitions

**Safety Officer:** No report

**Boat Captain:** some small repairs done. Will need to revisit our Boat Replacement Plan to budget for next financial year.

**Correspondence In:** ACT Sport & Rec courses -see attached

**Out:**

**Items from Previous Meeting:**



- **Child Safe Standards Scheme:** National Child Safe Program – ask Shay to look at it from a BGCC perspective
- **Succession Planning:**
  - **Project Independence** – Possible trial - no further info
  - **Meeting Nights** – 2<sup>nd</sup> Tuesday of the month, 6:30 p.m. start – no meeting for April

## Convener Reports

**Canoe Polo:** will be returning to the pool for winter training; getting record numbers 16 -18 at training with a range of experience & had 34 BGCC paddlers participant in March Comp. Highlight – Adam's winning goal in the grand final.

**Marathon:** Colin volunteered to take on Marathon convenor; States ran well; Marcelo Cabezas, Matthew Gates and Margi Bohm competing at Victorian States and going to Nationals in Perth

**Sprint:**

**Slalom:**

**White Water:** The first 4 weeks of the Introduction to WW have finished successfully. 10 participants are progressing to the next stage. All now club members.

**Recreation:** no trips planned

**Coaching:** Richard inquired re coaching courses – few and far between advertised via PNSW, much is on-line for Foundation Coach with some assessment required.

**Membership:** 214 adults, 26 juniors

**Time Trials:** Still on

**Taste of Paddling:** last session for the season – 43 participants – about \$5000 raised.

**Keys:** Keys Out: 113 about 16 free keys to coaches and those members who may require for sessions or shed maintenance.

## New Business:

**Ultra Marathon:** ideas for participation and club involvement. Richard highlighted the decline of races like the Hawkesbury Classic. New opportunities offered – full distance, Wisemans Dash 65 km & now a 30 km option to Sackville. Are members aware? Could we try to organise club get togethers which might include information on how to train, what's involved, as well as more general clothing etc. Or organise Speakers – nutrition? Other...also, offering members the opportunity to do longer paddles and night paddles which we used to offer. Patricia will liaise with Richard to organise.

**Extension:** on the table again....we really do need a storage unit out the back. Details attached.

The main question was what will be stored there and how? No roller door, but a smaller door for more wall space. Will shelving be included in costs? We generally need better storage of equipment (asset list?) e.g., buoys & mega-phones - seem to be in various places, meaning we purchase more when there are some available in working order.

Another concern is once we remove items from the back area, it will fill up again with random 'stuff'.

*Should we have a Shed Manager?? – too much to put onto Boat Captain – via email outside of Meeting.*

Proposal: that BGCC build an extension – shed type – outside the ladies' bathroom area as per draft plans, Current costings is for \$13–15,000. Bob Collins to keep committee informed

Proposed: Laura

Seconded: Patricia

Accepted

**Wasps:** It was decided that members should be made aware of the European Wasp situation & be responsible for their own First Aid, especially antihistamines and Ventolin etc. We have ice available.

**Chairs:** Bob Collins proposed that we purchase 39 folding chairs from Di Bell for \$130

Proposal to purchase 39 folding chairs for \$130 to replace the 20 heavy plastic stacking chairs. Patricia to advertise these (sold for \$60)

Proposed: Andy

Seconded: Richard

Accepted

**Slasher/Brush Cutter** – Bob Collins proposed that the club purchase a good quality Slasher: 4-Stroke - fuel is cheap; can be stored for a reasonable time; is repairable if needed, whereas most low to mid-priced battery items are throw away. For use around the shed and the river – to keep the reeds at bay. Still \$749. Although the committee was not against the proposal it was concerned that if it was to be used by the grey army, might it get too heavy; a battery powered one would be lighter – *while Bob disagreed with this assumption, he did say it would be for Canoe Polo not the grey army, to keep the reeds at bay.* **Need to confirm use.** Laura did suggest up to \$800 but for the purchaser to see if a trade price could be negotiated.

**Paddle Australia:** The online training includes two topics: **Club Committee Governance** and **Club President Governance**

Patricia attended the Club Committee Governance session, however, very little gained.

**PA Club Survey** – online meeting to discuss what PA can assist with - **Naazmi Johnston** Sport Development Coordinator – 4- 5 clubs were surveyed – how can PA best support clubs. Templates for things like beginner programs? Committee duties? Laura, Patricia and Richard? Will meet online on the 1<sup>st</sup> April.

**Survey proposal** – How do we prioritise things? Do members feel supported? Strategic planning for the next 3-4 years. Should include some specific questions for Polo, Marathon and Recreational paddlers as well as general club questions. Laura will work on from feedback so far.

**Club Communications** – Can/should we advertise on the shed? We have a variety of avenues for communication – need to tidy up Facebook admin, use more regularly. Current website might be a bit restrictive, but we have a long-term administrator who is happy to continue on in this role.

**Other Business:**

Tree – overhanging tree in the Canoe Polo area, can it get ‘trimmed’?

Pontoon – the portage pontoon is only loosely screwed in – is this on purpose so it moves with the river, or do we need longer screws which will ‘bite’?

**Business via Email:**

**Meeting Closed:** 9 p.m.

**Next Meeting:** 13<sup>th</sup> May, 2025 6:30 p.m.

**Treasurer’s Report for Meeting March 25, 2025**

Cash at the end of February is \$116,369 including the fixed investment, compared to \$96,801 at the end of February last year.

Net profit year to date to the end of February is \$837. That is approximately \$4,000 better than budget. We expect a loss year-to-date, until membership fees come in at year end.

Monthly management report for February provided. List of recent payments below.

Still settling Marathon States and Canoe Polo Summer series income and reimbursements.

Successfully filed the club Not for Profit Self-Assessment with the ATO.

Any other invoices or reimbursements for payment?

*Neil Fargher*



## 21/3/2025 Works Approval letter TCCS & NCA

**3<sup>rd</sup> Extension:** Our Club is now looking at building a permanent structure at the rear of our current shed as we find that we now need an additional structure to store miscellaneous items that are not used on a daily basis.

We are only in the preliminary stages of planning however, attached is the architectural drawing of the proposed structure and a diagram showing the proposed location. The structure will only extend 3.6 metres out from the shed and extend 4.2 metres along, as we are constrained in size by the underground services in the area and our leased footprint.

We will be preparing a formal submission for approval by TCCS and the NCA that will include all relevant plans, diagrams and hydraulic and electrical location drawings. Needless to say, the exterior of the structure will be clad in the same material as our existing shed. A mock-up of the final look will be forwarded.

Bob Collins

## LBG depth going down...



Australian Government  
National Capital Authority



As previously discussed in various forums, the NCA will need to lower the water levels to enable critical works at the Dam – (the **Dissipator Strengthening Project for Scrivener Dam**. The project involves installation of 700 new anchors into the foundation rock beneath the dam and construction of a 500mm thick reinforced concrete slab to strengthen the downstream structure of the dam.) On Wednesday 2 April 2025, NCA commenced the initial drawdown of the level of the lake for the major project at Scrivener Dam. The lake level will be lowered by up to 250mm below normal lake level.

While we anticipate that the impact to use of the lake will be minimal, please ensure that you navigate the lake safely and report any hazards to the NCA. Pending weather, NCA will then undertake a further drawdown of the lake level in mid-May 2025 to a maximum of 500mm below normal lake level.

The lake level will remain at the lower level for the duration of the construction program for the project. At this stage, the program for construction is 2 years with completion in mid-late 2027. We will keep lake users update as the project progresses.

Should you require any further information please feel free to contact NCA at [LUG@nca.gov.au](mailto:LUG@nca.gov.au)

**David Wright** | Director, Lake and Dam      **National Capital Authority** (02) 6271 2888



A reminder to all Lake Users to please report any near misses, incidents or hazards via the WHS Monitor on the NCA's website. Please use the following link to report incidents of near misses - <https://www.nca.gov.au/node/20364>

### To check Lake Burley Griffin water quality:

<https://www.nca.gov.au/environment/lake-burley-griffin/water-quality#>

### Other Waters:

[https://www.cityservices.act.gov.au/news/news-and-events-items/water\\_quality\\_in\\_our\\_lakes\\_and\\_ponds](https://www.cityservices.act.gov.au/news/news-and-events-items/water_quality_in_our_lakes_and_ponds)

## Club Coaching and Escorted Paddling

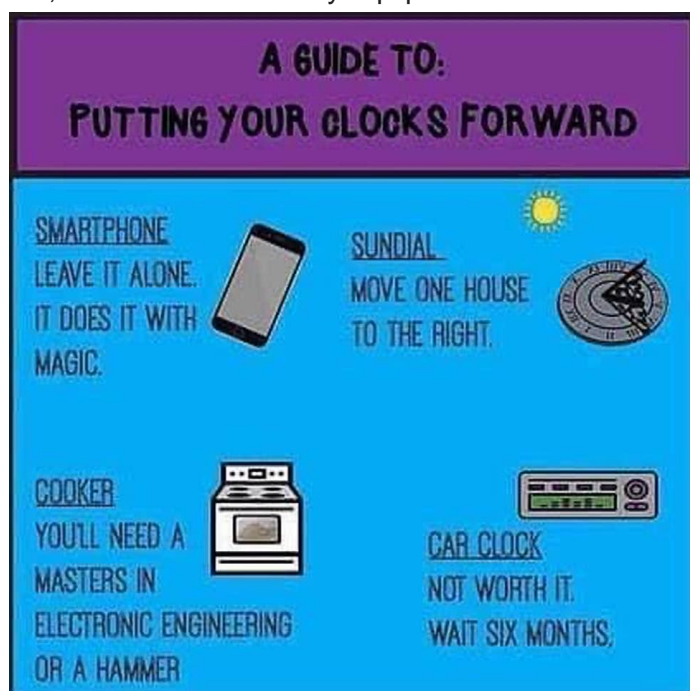
- **Saturdays 9:00 a.m.:** This will be changing to **10:00 a.m. starts after Easter!**  
Club Time Trials. 1 or 2 laps; 3.7 or 4.7 km laps. You can use these to increase your paddling fitness, or you can take out a boat and go for a paddle yourself. Shed is open from about 8:30 till 11:00 a.m.
- **Thursdays 7:00 a.m.:** David Gordon and Russell Murphy's session, for Novice and Recreational Paddlers. 1 hour; some interval training and technique instruction.
- **Lunchtime Thursday:** Masters' training with Margi Böhm. Capitalise on the ability to train at lunch time in the Nation's Capital!
- **Saturdays 11:30 a.m. – 1:00 p.m.** over winter, Paddle for Pleasure with John Lockie and Helen Tongway.
- **Sundays 09:00:** Lake Paddle. 6 km – 10 km paddle, usually out on LBG
- Train with Gary Rake – **06:00 a.m. Thursday** (& some people 06:00 a.m. Tuesdays); **06:30 a.m. Saturdays**
- **TrainSmart** – for the more serious paddler who wants to be the best they can be. This group **trains most mornings** under the guidance of Margi. If you want to know more about TrainSmart, contact Margi on [margi.bohm@gmail.com](mailto:margi.bohm@gmail.com).

## Recreational Paddling

The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay. It's a great way to enjoy nature and explore coastal waterways with experienced paddlers.

There is no fee to participate and trip maps for each trip are available from the website: [www.eurobodallakayakers.com](http://www.eurobodallakayakers.com) or you can just turn up at the meeting spot and simply follow the leader. The trips average 12 km in length, suit stable craft such as sea kayaks; and there's a 30 min stop for BYO morning tea. Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement.

Send an e-mail to [eurobodallakayakers@gmail.com](mailto:eurobodallakayakers@gmail.com) to request being added to their mailing list to get detailed information about each upcoming paddle. You need to be able to comfortably paddle 12 km, have the usual safety equipment and be reasonably self-sufficient on the water.



Thank you to all contributors to this edition of *Blazing Paddles*. If you have contributions for the next edition, please get in touch as soon as your event happens or as soon as you know some dates to advertise an event.

[htongway@iinet.net.au](mailto:htongway@iinet.net.au)